

New Possibilities for Feeling, Thinking and Being

Area of my life:			
EMOTION	THOUGHT/WHAT I WOULD LIKE TO TELL MYSELF		
<input type="checkbox"/> Loved <input type="checkbox"/> Accepted <input type="checkbox"/> Appreciated <input type="checkbox"/> Cared about <input type="checkbox"/> Cared for <input type="checkbox"/> Considered <input type="checkbox"/> Respected <input type="checkbox"/> Valuable <input type="checkbox"/> Worthwhile	<input type="checkbox"/> "I can" <input type="checkbox"/> "I'm good enough" <input type="checkbox"/> "I matter" <input type="checkbox"/> "It's a new chapter" <input type="checkbox"/> "There is good in this" <input type="checkbox"/> "I'm unique" <input type="checkbox"/> "I'm good" <input type="checkbox"/> "I respect myself"	<input type="checkbox"/> "There's a place for me" <input type="checkbox"/> "I can't please everyone" <input type="checkbox"/> "I can please myself" <input type="checkbox"/> "I am what I am!" <input type="checkbox"/> "I can let love in" <input type="checkbox"/> "I am loveable" <input type="checkbox"/> "I can make the best of this" <input type="checkbox"/> "There is no one like me" <input type="checkbox"/> "I can make a difference"	<input type="checkbox"/> "I'm valuable" <input type="checkbox"/> "I'm worth it" <input type="checkbox"/> "I'm OK" <input type="checkbox"/> "I'm alive!" <input type="checkbox"/> "I'm wanted" <input type="checkbox"/> "I'm needed" <input type="checkbox"/> "I'm important"
<input type="checkbox"/> Sufficient <input type="checkbox"/> Capable <input type="checkbox"/> Confident <input type="checkbox"/> Enough <input type="checkbox"/> Powerful <input type="checkbox"/> Self-supportive	<input type="checkbox"/> "I can learn from this" <input type="checkbox"/> "I'll do it myself" <input type="checkbox"/> "I can do it" <input type="checkbox"/> "I'll make it work" <input type="checkbox"/> "It's possible" <input type="checkbox"/> "I'll just try again" <input type="checkbox"/> "If I fail, so what?" <input type="checkbox"/> "I'll do the best I can" <input type="checkbox"/> "I can get others to help me" <input type="checkbox"/> "It's worth a try" <input type="checkbox"/> "Its never too late" <input type="checkbox"/> "I can always learn more"	<input type="checkbox"/> "There is another way of seeing this" <input type="checkbox"/> "I can find a way" <input type="checkbox"/> "I'll never know unless I try" <input type="checkbox"/> "So what, I failed" <input type="checkbox"/> "I know what I know" <input type="checkbox"/> "If it can be done, I'm the one to do it" <input type="checkbox"/> "I can recover from this" <input type="checkbox"/> "There's something I'm meant to do" <input type="checkbox"/> "I'll deal with whatever comes"	<input type="checkbox"/> "I can learn from this experience" <input type="checkbox"/> "I can do better next time" <input type="checkbox"/> "It'll happen" <input type="checkbox"/> "Let's go for it" <input type="checkbox"/> "Why not!" <input type="checkbox"/> "I'm game" <input type="checkbox"/> "Let's do it" <input type="checkbox"/> "Yes!" <input type="checkbox"/> "It's a new day!" <input type="checkbox"/> "I can get it back"
<input type="checkbox"/> Innocent <input type="checkbox"/> Absolved <input type="checkbox"/> Blameless <input type="checkbox"/> Exonerated <input type="checkbox"/> Forgiven <input type="checkbox"/> Humbled <input type="checkbox"/> Redeemed	<input type="checkbox"/> "I'll get through this" <input type="checkbox"/> "I can make up for this" <input type="checkbox"/> "I can forgive myself" <input type="checkbox"/> "I've made some mistakes" <input type="checkbox"/> "I've made a mistake" <input type="checkbox"/> "I am still a child of God" <input type="checkbox"/> "I had bad judgment"	<input type="checkbox"/> "I can admit it" <input type="checkbox"/> "I admit it" <input type="checkbox"/> "I'm still worthwhile" <input type="checkbox"/> "I can show that I'm OK" <input type="checkbox"/> "I understand if you don't trust me" <input type="checkbox"/> "This does not mean I'm terrible"	<input type="checkbox"/> "I'm responsible" <input type="checkbox"/> "I did it" <input type="checkbox"/> "I hurt you" <input type="checkbox"/> "I blew your trust" <input type="checkbox"/> "I'm learning" <input type="checkbox"/> "I am sorry" <input type="checkbox"/> "I blew it"
<input type="checkbox"/> Patient <input type="checkbox"/> Certain <input type="checkbox"/> Content <input type="checkbox"/> Delighted <input type="checkbox"/> Generous <input type="checkbox"/> In no doubt <input type="checkbox"/> Satisfied <input type="checkbox"/> Trusting	<input type="checkbox"/> "You can have it" <input type="checkbox"/> "That's another way of doing it!" <input type="checkbox"/> "I can wait for the right time" <input type="checkbox"/> "It'll work out" <input type="checkbox"/> "It's OK" <input type="checkbox"/> "It will happen in its own time"	<input type="checkbox"/> "There's enough for everybody" <input type="checkbox"/> "I don't need to figure it all out" <input type="checkbox"/> "I can live with this" <input type="checkbox"/> "I love the way you treat me" <input type="checkbox"/> "When you are ready" <input type="checkbox"/> "When I am ready" <input type="checkbox"/> "I'd like it but I don't have to have it"	<input type="checkbox"/> "If you would like" <input type="checkbox"/> "I trust that you will" <input type="checkbox"/> "I can wait" <input type="checkbox"/> "You treat me great" <input type="checkbox"/> "I can trust" <input type="checkbox"/> "I can let it be"
<input type="checkbox"/> Peace <input type="checkbox"/> Calm <input type="checkbox"/> Confident <input type="checkbox"/> Imperturbable <input type="checkbox"/> Quiet <input type="checkbox"/> Relaxed <input type="checkbox"/> Safe <input type="checkbox"/> Secure <input type="checkbox"/> Self-assured <input type="checkbox"/> Still	<input type="checkbox"/> "I can flow with this" <input type="checkbox"/> "So what if I fail" <input type="checkbox"/> "They will think what they think" <input type="checkbox"/> "I can't be responsible for what others think" <input type="checkbox"/> "Oh well!" <input type="checkbox"/> "I'll just say it the way it is" <input type="checkbox"/> "I can take it a day a time" <input type="checkbox"/> "There's nothing wrong"	<input type="checkbox"/> "Here comes another chance" <input type="checkbox"/> "I'll try it and see how I do!" <input type="checkbox"/> "There's always something to learn" <input type="checkbox"/> "If I blow it I blow it!" <input type="checkbox"/> "I can at least try" <input type="checkbox"/> "If it happens, it happens!" <input type="checkbox"/> "I'll just deal with it" <input type="checkbox"/> "Opportunity after opportunity!" <input type="checkbox"/> "It's all going to work out"	<input type="checkbox"/> "It's all OK" <input type="checkbox"/> "I don't need to try and change anything" <input type="checkbox"/> "The world is safe" <input type="checkbox"/> "I'm safe" <input type="checkbox"/> "So what!" <input type="checkbox"/> "I can be positive" <input type="checkbox"/> "I can feel peace"

<input type="checkbox"/> Freedom <input type="checkbox"/> Authentic <input type="checkbox"/> Carefree <input type="checkbox"/> Free to express <input type="checkbox"/> Free to move <input type="checkbox"/> Free to be <input type="checkbox"/> Genuine <input type="checkbox"/> Honest <input type="checkbox"/> Liberated	<input type="checkbox"/> "I can choose" <input type="checkbox"/> "I'm free!" <input type="checkbox"/> "I can say what I feel" <input type="checkbox"/> "People will think what they think" <input type="checkbox"/> "What others think is none of my business" <input type="checkbox"/> "I can assert myself" <input type="checkbox"/> "I don't need to pretend"	<input type="checkbox"/> "I don't <i>have</i> to say anything" <input type="checkbox"/> "I can be loving" <input type="checkbox"/> "I'm willing" <input type="checkbox"/> "I am what I am" <input type="checkbox"/> "I can create anything" <input type="checkbox"/> "I can be anything" <input type="checkbox"/> "My life is what I make of it" <input type="checkbox"/> "I can do anything"	
<input type="checkbox"/> Gratitude <input type="checkbox"/> Appreciating <input type="checkbox"/> Validating <input type="checkbox"/> Valuing	<input type="checkbox"/> "Thank you!" <input type="checkbox"/> "I love you" <input type="checkbox"/> "I appreciate you" <input type="checkbox"/> "I'm so glad"	<input type="checkbox"/> "I'm honored" <input type="checkbox"/> "I acknowledge you" <input type="checkbox"/> "Thank you for being"	
<input type="checkbox"/> Forgiving <input type="checkbox"/> Accepting <input type="checkbox"/> Flowing <input type="checkbox"/> Understanding	<input type="checkbox"/> "This is not the end of the world" <input type="checkbox"/> "I can't change others" <input type="checkbox"/> "You can find your way through this" <input type="checkbox"/> "I can't change the world" <input type="checkbox"/> "I can choose peace instead of this"	<input type="checkbox"/> "You've got your own lessons" <input type="checkbox"/> "I understand" <input type="checkbox"/> "Maybe I don't understand " <input type="checkbox"/> "Maybe I can help you" <input type="checkbox"/> "Thank you for your point of view" <input type="checkbox"/> "I can see we have a difference here"	<input type="checkbox"/> "I can flow with this" <input type="checkbox"/> "I'll give this to God" <input type="checkbox"/> "That's valid" <input type="checkbox"/> "That's reasonable"
<input type="checkbox"/> Committed <input type="checkbox"/> Determined <input type="checkbox"/> Heartfelt <input type="checkbox"/> Indomitable <input type="checkbox"/> Unwavering <input type="checkbox"/> Firm <input type="checkbox"/> Resolved	<input type="checkbox"/> "I don't agree with it" <input type="checkbox"/> "I won't be a part of that" <input type="checkbox"/> "You will have to work that out yourself" <input type="checkbox"/> "We have a difference here." <input type="checkbox"/> "I respect your point of view" <input type="checkbox"/> "I respect your way of doing things" <input type="checkbox"/> "It is not my way." <input type="checkbox"/> "I'm committed to us" <input type="checkbox"/> "You have a point there"	<input type="checkbox"/> "I feel strongly about this" <input type="checkbox"/> "I still love you" <input type="checkbox"/> "I have to let this go" <input type="checkbox"/> "I won't try to change you" <input type="checkbox"/> "I must at least say this" <input type="checkbox"/> "We have our own paths" <input type="checkbox"/> "I can lighten up about it" <input type="checkbox"/> "I don't have to take it so seriously" <input type="checkbox"/> "I can trust" <input type="checkbox"/> "I'll trust this"	<input type="checkbox"/> "I'm here for you" <input type="checkbox"/> "I'm committed to you" <input type="checkbox"/> "You made a mistake" <input type="checkbox"/> "Is there any way I can help" <input type="checkbox"/> "You can count on me" <input type="checkbox"/> "I'm here"
<input type="checkbox"/> Joy <input type="checkbox"/> Awe <input type="checkbox"/> Carefree <input type="checkbox"/> Celebrating <input type="checkbox"/> Cheerful <input type="checkbox"/> Enthusiastic <input type="checkbox"/> Expectant <input type="checkbox"/> In good spirits <input type="checkbox"/> Jovial <input type="checkbox"/> Lighthearted <input type="checkbox"/> Positive <input type="checkbox"/> Silly <input type="checkbox"/> Wonder	<input type="checkbox"/> "Wow!" <input type="checkbox"/> "Cool!" <input type="checkbox"/> "All right!" <input type="checkbox"/> "Yesssss!" <input type="checkbox"/> "Whoopee!" <input type="checkbox"/> "Yippee!" <input type="checkbox"/> "Yahoo!" <input type="checkbox"/> "WooHoo" <input type="checkbox"/> "Can't wait!" <input type="checkbox"/> "This is great!" <input type="checkbox"/> "Look at that!" <input type="checkbox"/> "Look at you!" <input type="checkbox"/> "You are something!"	<input type="checkbox"/> "Man o' man!" <input type="checkbox"/> "I can't believe it!" <input type="checkbox"/> "Let's go!" <input type="checkbox"/> "I'm breathless!" <input type="checkbox"/> "I'm beside myself!" <input type="checkbox"/> "Let's dance all night!" <input type="checkbox"/> "You're the one!" <input type="checkbox"/> "Take it to the limit!" <input type="checkbox"/> "Excuse me while I kiss the sky!" <input type="checkbox"/> "Serious is not in my vocabulary"	